



Tucson Community Supported Agriculture

Newsletter 165 ~ November 24, 2008 ~ Online at www.TucsonCSA.org

Fall '08

WEEK 13 of 13

Harvest list is [Online](#)

The Back Page

Orange Cranberry Bread

Two-Potato Gratin

Roasted Winter Squash and Apple
Soup with Walnut Cilantro Pesto

Sweet Potato Biscuits

More recipes at www.tucsoncsa.org

WINTER SESSION REGISTRATIONS

November 1 to 15: registration for
renewing and former members
only

November 16 to 28: registration
also open to the wait list

The Winter session runs December, January and February, with no pick-ups between Christmas Day and New Year's Day (Friday, Dec. 26th and Tuesday, Dec. 30th). The cost per produce share for the 12-week session is \$228. Cheese shares are not available in winter (and spring) sessions.

Contract forms are available at the CSA, or online under [Join > Subscriptions](#). To avoid lines at the front desk, please place your completed contract and payment in our drop-box at the CSA pick-up, or just mail them to us.

TUESDAYS ARE NEARLY FULL. STILL SPACE LEFT ON FRIDAYS.

Newsletter Editor

Philippe Waterinckx & Kimi Eisele

LAST WEEK OF THE FALL SESSION – WRAP-UP

Thank you for being with us this fall and thank you to those who have re-subscribed for the winter. This week is the last week of the fall session. If you didn't renew your subscription, your last pick-up is this week. The winter session begins next week. The Tuesday pick-up is very close to being sold out but we still have slots for the Friday pick-up at the time of writing. We will close subscriptions on Friday, November 28th, or when we fill up, whichever one comes first.

We still have a few uncollected goat cheese logs that have accumulated in our freezer this session. If you have a goat cheese share and think you didn't get all your cheese logs, ask Lori or Paul at the front desk and they will be able to check that for you.

FAREWELL TO DYLAN AND CELINE



We are sad to say goodbye to friends and CSA members Dylan Wilmsen and Celine Hayden, who have been members since the CSA started in 2004, and who are moving to California. Dylan has graced us with his classical guitar playing in the courtyard on Tuesdays and we will miss him greatly. Thank you, Dylan, for the many hours of beautiful music.

GIVING THANKS

Here's to Farmer Frank and his farm hands at Crooked Sky Farms for delivering us fresh, local produce every week. Here's to Philippe and Sara and to all the volunteers at the Tucson CSA who make sure that it gets to us! You all enrich our lives and help keep our land, and our community, and our lives healthy. Thank you!

Many "mood experts" suggest that regularly expressing gratitude (out loud or to one's self in a "gratitude journal") can actually improve your spirits and make your life fuller and happier. If expressing gratitude feels awkward or forced to you (or your family members), here are some simple ideas for how to include an official "gratitude moment" over the holiday:

- 1) **Jar of Thanks:** have each guest write on a piece of paper what they are thankful for and drop the paper in the jar. At some point before, during or after your meal, pass the jar around and have each guest read aloud one of the "thank you's." This helps people who tend to stay quiet share as well!
- 2) **Popcorn Thank You:** This is a more off-the-cuff way to inspire folks to give thanks. Invite guests to call out "popcorn-style" (at random) what they are grateful for this year. If it helps, you could set up categories: "Places we're thankful for" or "Moments we're thankful for" or "People we're thankful for."
- 3) **Thank You Food Chain:** Before or during the meal, have your host/hostess or whoever brought a dish give thanks by sharing with guests where the food item itself came from. This helps guests recognize all the inputs (whether distant or local) that went into providing them with their meal.
- 4) **Thanks You Recipes:** Before or during the meal, have whoever brought a dish honor the tradition of cooking by sharing the story of the recipe. Is it a special family recipe? Where did it come from? Who taught it to them?

There's no perfect recipe for giving thanks. Whatever feels right to you ... Just make time to do it. Happy Thanksgiving!

-Kimi Eisele

Orange Cranberry Bread-variation

This is an excellent Thanksgiving day bread, or make it the day after with any leftover cranberries.

2 cups flour
1 cup sugar
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
3/4 cup fresh squeezed orange juice
1 tablespoon grated orange zest
1 teaspoon ground ginger
2 tablespoons canola oil
1 egg, well-beaten
3/4 cup cranberries
1/2 cup chopped walnuts or pecans

Preheat oven to 375°F. Grease a 9 x 5-inch loaf pan. Whisk together flour, baking powder, baking soda and salt in a medium mixing bowl. Combine orange juice, orange zest, ginger and sugar and cook in a saucepan over medium high heat for about 10 minutes. Let cool and combine with oil and egg. Pour juice mixture into dry ingredients and mix until just combined. Spread evenly in loaf pan. Bake for 45 minutes or until a toothpick inserted in the center comes out clean. Cool on a rack for 15 minutes. Remove from pan; cool completely.

Two-Potato Gratin

David Allen, TCSA

2 large potatoes or 3-4 smaller potatoes
2 large sweet potatoes
salt & freshly ground pepper
chopped fresh rosemary
1 1/2 cups heavy or whipping cream
1 1/2 cups grated gruyere cheese
1/2 cup grated Parmesan cheese

Peel and thinly slice all 4 potatoes, keeping separated by color. In a 10 x 12 microwave safe casserole, place half the white potatoes on the bottom in a thin layer, overlapping slightly. Sprinkle with salt, pepper and chopped rosemary. Cover with a layer of half the sweet potatoes; sprinkle with salt, pepper and rosemary. Repeat layering using up all remaining potatoes, sprinkling each layer with salt, pepper and rosemary. Pour cream over potatoes and cover casserole (with lid or plastic wrap). Microwave on HIGH for 18 minutes. Meanwhile, mix grated cheese. When potatoes are done, remove cover and sprinkle evenly with the cheese mixture. Microwave UNCOVERED for 3 more minutes at HIGH power. Can be reheated in the microwave.

Roasted Winter Squash & Apple Soup with Walnut Cilantro Pesto

Philippe, TCSA

2 medium winter squash, cut in half, seeds removed
2 onions, chopped
2 apples, cored and quartered
3 garlic cloves, peeled
2 tablespoons olive oil
Salt to taste
2 tablespoons red chili powder, or 2 jalapenos, chopped
4 vegetable bouillon cubes

Preheat oven at 400F. Toss all ingredients in the squash halves, Place the halves in a baking tray filled with 1 inch of water and bake for 1.5 hour. Scoop out contents of the squash halves, down to the skin, and blend. Add water or stock to desired consistency (1-2 cups). Serve hot with a scoop of walnut cilantro pesto.

Walnut Cilantro Pesto

1 cup walnut pieces
2 cups cilantro leaves
1 jalapeno
2 tablespoons cider vinegar
1/4 cup water
salt to taste

Blend all ingredients. Add water or stock to desired consistency.

Sweet Potato Biscuits

Lorraine Glazar, TCSA

2 cups all purpose flour (about 9 ounces)
1 Tablespoon sugar
2 teaspoons baking powder
1/2 teaspoon salt
5 Tablespoons chilled unsalted butter, cut into small pieces
1 cup pureed cooked sweet potatoes, cooled
1/3 cup fat free milk
Cooking spray

Preheat oven to 400 degrees. Lightly spoon flour into a measuring cup, level with a knife. Combine flour, sugar, baking powder and salt in a bowl, Cut in butter with a pastry blender or two knives until mixture resembles coarse meal. Combine sweet potato and milk in a small bowl, add potato mixture to flour, stirring just until moist. Turn dough out onto a lightly floured surface, knead lightly 5 times. Roll dough to a 1/4 inch thickness, cut with a 2 inch biscuit cutter into 10 biscuits. Place biscuits on a baking sheet sprayed with cooking spray. Gather remaining dough. Roll to a 1/4 inch thickness. Cut with a 2 inch biscuit cutter into 6 biscuits. Place the biscuits on prepared baking sheet, discard any remaining dough. Bake at 400 degrees for 15 minutes or until lightly browned. Remove from baking sheet and cool 5 minutes on wire rack. Serve warm or at room temperature.